

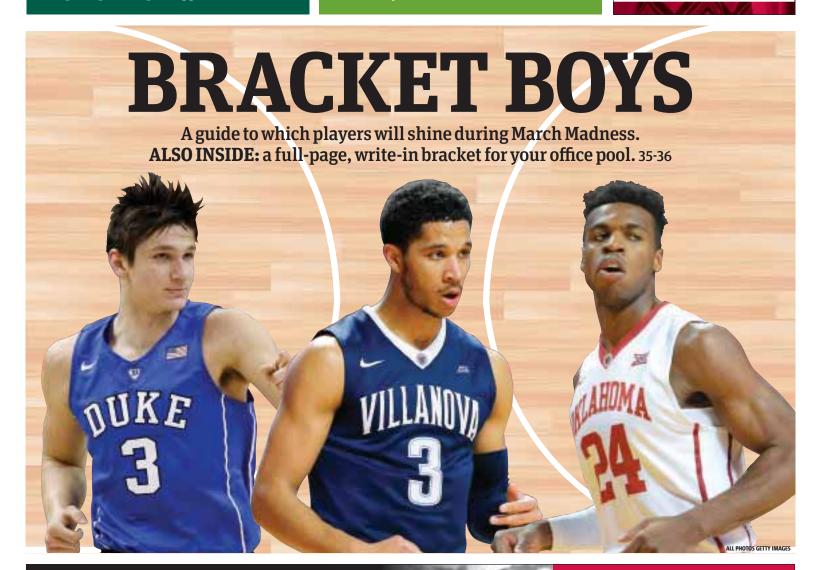


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Unique repair shop struggles for survival. 2

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## **VERMONT LEGISLATURE** ON TRACK TO BE FIRST TO **LEGALIZE MARIJUANA**

Liberal-leaning Vermont could become the first U.S. state to legalize recreational mari-Ljuana use through legislation, rather than by voter initiative, in a move that advocates for the drug said could speed its acceptance across the nation. State representatives this month are set to take up a bill passed by the state Senate in February that would allow adults over 21 to purchase and smoke the drug beginning in 2018. The move follows a year of hearings in the Senate that lawmakers said allowed them to closely consider appropriate limits to place on the drug's use. The current proposal would prohibit users from growing plants at home and ban the sale of edible products containing marijuana extracts. REUTERS

## AMTRAK TRAIN DERAILS **IN KANSAS, 32 HURT**

Seven cars on a Chicago-bound Amtrak passenger train derailed in southwestern Kansas early on Monday, injuring 32 people, officials said. The coaches from Amtrak's' Southwest Chief Train 4 traveling from Los Angeles to Chicago derailed about 20 miles west of Dodge City shortly after midnight, Amtrak said in a statement. There were 131 passengers and 14 crew aboard. Thirtytwo passengers were taken to hospitals in Dodge City and Garden City; 29 had been released by midmorning, Amtrak said. Other passengers were taken to a recreation center in Cimarron before being provided alternate transportation. REUTERS

## **PUTIN ORDERS RUSSIAN** FORCES' WITHDRAWAL **FROM SYRIA**

Russian President Vladimir Putin said he was instructing his armed forces to start pulling out of Syria, more than five months after he ordered the launch of a military operation that shored up his ally, Syrian President Bashar al-Assad. Putin, at a meeting in the Kremlin with his defense and foreign ministers, said Russian military forces in Syria had largely fulfilled their objectives and ordered an intensification of Russia's diplomatic efforts to broker a peace deal in the country. But the Russian leader signaled Moscow would keep a military presence: He did not give a deadline for the completion of the withdrawal and said Russian forces would stay on at the port of Tartous and at the Hmeymim air base in Syria's Latakia province. Kremlin spokesman Dmitry Peskov said Putin had telephoned Assad to inform him of the





# **Brass Tax: Couple** campaigns to save brass repair shop

The business claims it owed sales taxes from a period of over 10 years and was never told due to a mix-up with records.



For Cynthia Keane and Chuck McAlexander the idea of possibly having to close their repair shop is more than just losing a business — it's losing a dream they have worked on for over three decades.

The husband and wife duo are the owners behind The Brasslab, a brass repair shop located at 221 McKibben Street in Brooklyn, which specializes in custom design and repair of brass musical instruments - along with other metal items.

McAlexander is the mechanic behind the business and has been fixing brass instruments since the 1970s, before even making the move from his home state of California to New York City.

"It's a very old kind of profession, not many people are left doing it," Keane said. "Those that do are disappearing and few are as good as [McAlexander] is."

The shop has been at its Brooklyn location for about five years after moving from its first location in Chelsea, which opened in 1981, and has helped customers with a variety of items.

And although positive comments fill the shop's Yelp and Face-book pages, with custom-ers calling McAlexander "an absolute genius" and "master technician," the business is now facing the possibility of having to close its doors for good.

Keane explained that the issue appeared after she was made aware that the business owed sales taxes from a period of over 10 years and was never told due to a mix up with records.

After being made aware of the situation, the taxes were paid off by Keane. However, although problem wasn't caused by them, the business is still being told it must finish paying off a number of penalties and interest which piled up through the years.

"I never thought I owed them any money. I was never running and trying to hide," Keane said. "This has been a nightmare. It's been a headache. I think we're going to be around. If not, it's a tragedy."

Keane added that al-



though she made sure she paid off the sales taxes the business owed, she has now been told she has until April 15 to pay a minimum of \$20,000. She will then be required to pay an extra \$20,000 in the next six months.

The plan is to try to pay off all the money they owe to keep the doors of the shop open and then Keane — who is a tax lawyer herself — will move forward with a lawsuit against the state's Department of Taxation and Finance, its sales tax division and agents who she claims disappeared on her through the years.

Your business is not just where you work, it's your heart and your

sweat," she said. "It's not just a lost dream, it's a lost quality of life, your identity, and how people know you."

Along with trying to sell some things to raise money, Keane decided to start a GoFundMe campaign last week in hopes of raising a goal of \$50,000 by April 15. "I was about to throw

in the towel and I said what if I try this?" she said. "It isn't like me, I'm a very private and independent person. It was a last effort."

In just four days, the campaign has reached a total of \$12,090 and continues to grow with supporters posting lov-ing words of support of the campaign page.

One supporter wrote, "Great products and craftsmanship that should be supported," and another wrote, "There are not many NYC brass players who have not benefited from [McAlexander's] skill and expertise."

Keane said she is overcome with emotion seeing how much support comes in for the business and her husband's hard

"I'm very, very humbled. I'm overwhelmed by it and so is he," she said. "They are letting us now that we have value.

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Children learn martial arts Isroci

# Queens martial arts teacher accused of abusing students

A 26-year-old Queens man has been charged with sexually abusing four female students while he worked as a taekwondo instructor, prosecutors

Lorenzo Ramos of Elmhurst, Queens, was arraigned earlier this month on criminal charges involving one of the girls. He was later arraigned on March 11 on a criminal complaint involving the other three girls. Ramos is charged with sexual abuse, attempted sexual abuse, forcible touching, endangering the welfare of a child and harassment.

These are serious allegations. As a martial arts instructor the defendant was supposed to train his students to protect themselves from unwanted advances. Instead he is accused of taking advantage of his teaching position to touch his students in inappropriate ways," Queens District Attorney

Richard A. Brown said in a statement announcing the charges Monday.

Ramos is accused of sexually abusing and forcibly touching two 12-yearold girls and two 14-yearold girls at various times over the last 19 months.

According to the district attorney's office, "Ramos, while working as an instructor at United Tae Kwon Do, located at 97-12 Roosevelt Ave., and on multiple occasions between May 1, 2015, and Feb. 25, 2016, approached his four female victims individually and touched them in an inappropriate manner — such as hugging them, picking them up, grabbing their breasts and squeezing their buttocks." He also allegedly rubbed himself inappropriately against one of the victims.

He additionally is accused of giving or offering money to three of the girls, telling one of them, "Don't say anything

#### Victim hotline

District Attorney Brown asks anyone who believes that they may have been a victim of this same abuse to contact the NYPD's Queens Special Victim Squad at 718-520-

because both of us will be killed."

Ramos was allegedly caught when the "victims voiced concern among themselves and the owners of the martial arts studio spoke with them," prosecutors explained. After Ramos was let go from the studio, one of the victims told her mother what had happened, and she contacted the police.

Ramos, who faces up to seven years in prison if convicted, was ordered held on a \$31,000 bail and to return to court on April 1. Cristabelle tumola

# **NYC** schools to offer free tampons

The political movement to ensure that feminine hygiene products are made available and tax-free has been growing in recent months.



A new program starting Monday will offer girls at 25 New York City public schools free feminine hygiene products from bathroom dispensers.

When it is fully implemented by March 31, the new initiative will be available to roughly 11,600 students, education officials said to the New York Daily News.

City Councilwoman Julissa Ferreras-Copeland started the idea for the program when Queens High School for Arts and Business received positive feedback on a bathroom tampon dispenser that was installed at the school, the Daily News stated. Ferreras-Copeland worked with the Depart-



ment of Education to select two districts, one in Queens and one in the Bronx, to be the first in the free tampon program.

'Girls in these districts face the greatest financial hardships," Ferreras-Copeland told the Daily News. "I want to ensure none of them lose class time, face illness or feel humiliated because their family cannot afford pads.'

The political movement to ensure that feminine hygiene products are made available and tax-free has been growing in recent months, with lawsuits filed in some states like New York that aim to make tampons and

pads more accessible and untaxed, according to a recent Observer article.

CPORT LEVEL

"It is absolutely illegal, in fact, to not be including these products under the term medical necesactivist Jennifer Weiss-Wolf was quoted by the Observer. "There's re-search and other backup to show the kinds of infection or problems that people can have if they don't use these products.

Ferreras-Copeland aims for feminine hygiene products to be available citywide not just in public schools but also in homeless shelters and correctional facilities, the Ob-

"Girls in these districts face the greatest financial hardships. I want to ensure none of them lose class time, face illness or feel humiliated because their family cannot afford pads." Ferreras-Copeland



The suspect was caught on video surveillance. PROVIDED

# Man fires into crowded Bronx sidewalk: police

Police are looking for a man they said fired a gun on the sidewalk in broad daylight.

The suspect fired his gun near 1675 Boston Road in the Bronx at about 12:30 p.m. on Sunday before running away, according to authorities.

Though police said the sidewalk was crowded at the time, no one was hurt.

Police described the suspect as a black male last seen wearing a red hooded sweatshirt, blue jeans and black sneakers. They also released video of the incident.

Police encourage anyone with information in regards to this incident

to call Crime Stoppers at 1-800-577-TIPS (8477).

You can also submit your tip by logging onto the Crime Stoppers website or by texting to 274637 and then entering TIP577. MATTHEW LEE

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# Cops report low morale, say city less safe in poll

The survey uncovered other statistics, including that 96 percent believe the relationship between the NYPD and the public has deteriorated.

A majority of New York City police officers believe the city has become a more dangerous place and feel less satisfied in their jobs, according to a survey released on Monday by the city's largest police union.

More than 6,000 of the city's 24,000 patrol officers responded to the online survey, which was conducted by public opinion firm McLaughlin & Associates on behalf of the Patrolmen's Benevolent Association.

Nearly 90 percent of the respondents said the city had become "less safe" in the last few years since Mayor Bill de Blasio and Police Commissioner William Bratton began their ten-



The NYPD has a morale problem. MILES DIXON

"The understaffing, inadequate training, low pay and lack of support has had a chilling effect on police officers across the city."

ure. Ninety-six percent said the relationship between the public and the department had worsened.

The polled officers gave the department an average morale rating of 2.49 on a scale of 1 to

10, the New York Post reported.

"The results of this survey prove what we've been hearing time and time again from members over the past two years — the job is more difficult than ever, the dangers are greater, and morale is extremely low," said Patrolmen's Benevolent Association President Patrick Lynch.

"The understaffing, inadequate training, low pay and lack of support has had a chilling effect on police officers across the city."

Monica Klein, a spokeswoman for de Blasio, called the survey's results "highly suspect."

"We are experiencing historic lows in criminal activity," she said. "Murders and shootings are at their lowest in modern history. NYPD is the most effective police force in the country thanks to our officers' dedication and commitment to their job."

De Blasio's relationship with the New York City Police Department has been marked by oc24K

90%

2.49

casional tensions since he took office in 2014.

An NYPD spokesman said the department had not yet received the survey but would review it once it was delivered.

The McLaughlin firm noted that the survey was open to all officers and did not use sampling, making it impossible to report an accurate margin of error. Approximately half of the union's officers received emailed invitations to participate. REUTES

# SI mom charged with murder over newborn found in trash

A Staten Island mother accused of dumping her newborn in the garbage has now been charged with murder, as investigators believe the baby was alive before being put in the trash.

Nausheen Rahman, 28, was charged on Sunday with murder and concealment of a corpse after an investigation stemming from officials' discovery of an unclothed child in a garbage bag outside her New Springville condo on Saturday, the New York Daily News reported.

Rahman originally went to Staten Island University Hospital on Friday, telling medical staff that she had given birth at home then disposed of the newborn, investigators said to NBC.

Tests were underway to determine exactly how the child had died, with sources telling the Daily News that oxygen was found in the lungs, indicating that the baby had been born alive before being dumped.

Rahman admitted to giving birth, but she said the baby died be-



The complex where the baby was found. GOOGLE MAPS

fore she put the body in the trash and headed to the hospital, the Daily News added.

Rahman, now charged with second-de-

gree murder, has been living at that condominium in Staten Island with her family for the past several years, NBC reported. JASON NUCKOLIS

# BRIEF

Mayor signs legislation expanding city's access for people with disabilities Mayor Bill de Blasio signed seven bills into law on Monday

seven bills into law on Monday including a set that expands website, service and event accessibility for New Yorkers with disabilities.

"New York City is an amalgamation of cultures, heritages and languages," de Blasio said. "That is why we strive to increase inclusivity, especially when it comes to New Yorkers with disabilities. Whether it's creating a more accessible city website, or ensuring that events hosted by city agencies have information regarding accessibility for people with disabilities, Intros. 673-A, 683-A, 881-A and 883-A strengthen our efforts to be more inclusive."

The first of the set of bills requires the city to adopt a protocol for website accessibility for people with disabilities to be based either on federal regulations, the Web Content Accessibility Guidelines, or any successor standards. If the city wishes to go away from those standards, then it must check with experts in website design and reasonable accommodations for people with disabilities while also holding a public hearing. Any difference must then be documented and posted online. The second bill calls for every city agency to designate a disability service facilitator which will be a staff member who will be the primary contact within the particular agency for individuals with disabilities who request support services. ANGY ALTAMIRANO

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# Less people celebrate St. Patrick's Day on the actual holiday

Turns out the one of the most drunken holidays isn't that drunken after all.



St. Patrick's Day is around the corner and bars, gutters and fists are all preparing for the bacchanalian overdrive everyone expects for March 17.

However, new data has found that revelers are less likely to get sloshed on the actual Catholic holy day, and are far more likely to wrestle with some Jameson and Guinness on the weekends bookending the holiday.

FirstData, the company behind the study, took a look at the previous two years sales in restaurants and bars in New York City and Boston, perhaps the two most Irish places in the world outside Ireland itself.

What they found was that with St. Patrick's Day falling on workdays the past two years (Monday in 2014 and Tuesday in 2015) restaurants saw more sales in sheer number and amount on the days leading up to and following the holiday.

In "both years, the weekend before St. Patrick's Day saw major spikes in spending across markets, peaking on Saturday (March 15 in 2014 and March 14 in 2015 respectively) before taking a midweek dip and experiencing an uptick on the weekend after the holiday," the company wrote in a release.

With St. Patrick's Day falling on a Thursday this year, could this be when the trend is bucked? If the logic of the data follows, restaurants should be seeing more revelers leading up to and following the holiday.

# NI 'Nazi dad' arrested in Pa.

Police arrested a New Jersey man — who is being referred to in the media as "Nazi dad" — last week after being wanted on an aggravated assault charge since last year.

Isidore Heath Campbell from Milford, New Jersey, was taken into custody on March 10 by police in Shippensburg Pennsylvania, according

Campbell was listed as one of Hunterdon County's most wanted and was being sought on an aggravated assault charge filed by his fiancée who later attempted to withdraw the charge but couldn't, ABC reported.



The 42-year-old was arrested at a Sunoco gas station, according to the New York Daily News, after someone recognized him and alerted police.

Campbell — who reportedly wears Nazi attire and has a Hitler-like moustache - made headlines in 2008 when he attempted to order a cake for his son's birthday that said "Happy Birthday Adolf Hitler," the Daily News reported. The baker refused to go through with the order.

The Daily News added that Campbell's fiancée - who identified herself as Bethanie Zito — said she made up the assault and injured herself during the argument in October of last year.

Campbell was held in Cumberland County jail and will be extradited to New Jersey where he faces charges. ANGY ALTAMIRANO

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METRO.US **10 NEWS** TUESDAY, MARCH 15, 2016

## **BRIEF**

Suspended UN diplomat to plead guilty in US bribery case

A suspended deputy United Nations ambassador from the Dominican Republic accused of participating in a scheme to bribe a former U.N. General Assembly president is expected to plead quilty on Wednesday, according to a court filing.

Francis Lorenzo, 48, is scheduled to appear in Manhattan federal court for a plea hearing, according to a docket

entry on Monday. A lawyer for Lorenzo confirmed he would plead guilty at the hearing to charges including conspiracy to commit bribery.

"Ambassador Lorenzo is remorseful and has chosen to accept full responsibility for his participation in his criminal conduct with his codefendants," said Brian Bieber, Lorenzo's lawver.

Lorenzo is one of six individuals charged in October

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in connection with a scheme to pay more than \$1.3 million in bribes to John Ashe, a former U.N. ambassador from Antiqua and Barbuda and who served as General Assembly president from 2013 to 2014.

Prosecutors said those bribes included more than \$500,000 that Ng Lap Seng, a billionaire real estate developer in Macau, paid through intermediaries to Ashe to seek U.N. support of a U.N.-

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Authorities said the intermediaries included Lorenzo, who prosecutors said also received bribes from Ng, and Jeff Yin, Ng's assistant.

Ashe also received more than \$800,000 from Chinese businessmen to support their interests within the United Nations and Antiqua, prosecutors said.



# Suspect says Uber app controlled him: Local TV

Jason Dalton is charged with shooting eight people, killing six of them, over a five-hour period on Feb. 20, in between driving customers for the Uber car service.

The Uber driver in Michigan charged with murdering six people last month in a shooting spree told investigators that the ride-sharing app had the ability to "take over" his body, a local television station reported on Monday.

The Kalamazoo County Sheriff's Department provided WZZM-TV around 100 pages worth of documents related to the deadly rampage in which Jason Dalton is charged in response to a Freedom of Information Act request.

Reuters could not independently verify the report. The Kalamazoo County Prosecuting Attorney's Office declined to release the documents

when asked on Monday. Dalton's attorney, Eusebio Solis, could not immediately be reached to comment.

Dalton, police that when he would press a button on his phone screen, the horned cow head of a devil would appear and give him an assignment that he said would "literally take over" his body, WZZM reported.

"When I logged onto site [the Uber app], it started making me feel like a puppet," Dalton told police during an interview, according to WZZM.

The broadcaster reported that Dalton told his wife during the night of the shooting spree that she would not be able to go to work and their children would not be able to go to school, and that if she turned on the news, she would know why.

Prosecutors said earlier this month that a judge granted a request by Dalton's attorney for a competency exam.



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# Apple, McDonald's, Google and IKEA to face EU lawmakers over tax deals



McDonald's GETTY IMAGES

Apple, Google, McDonald's and IKEA will be asked about their European tax deals on Wednesday as EU law-makers ratchet up the pressure on multinationals to pay more tax on their profits locally.

The hearing, organized by the European Parliament's tax committee, follows a similar event in November last year when Anheuser-Busch InBev, HSBC, Google and eight other companies were quizzed on the same subject.

While the committee has no power to order changes, the hearing reflects the political concerns over multinationals avoiding local tax liabilities.

The European Commission is also investigating several cases to see if they breach the bloc's state aid rules which prohibit EU countries from giving some companies an unfair advantage by making special deals on tax.

Starbucks declined to take part because it has

challenged a European Commission order to the Dutch authorities to recover up to 30 million euros in back taxes, the European Parliament said in a statement.

Fiat Chrysler Automobiles, which is also appealing against an EU finding against its tax deal with Luxembourg, also turned down the invitation.

The head of Inter IKEA Group, Soren Hansen, will argue the Swedish furniture retailer's case. Inter IKEA Group owns the intellectual property rights under which its retailers operate.

The Parliament's Green party last month accused IKEA of avoided paying some 1 billion euros in taxes from 2009 to 2014 because it channeled royalty income through a Dutch company and possibly through Luxembourg and Liechtenstein.

All the companies have previously said they comply with EU tax rules. Reuters

# BRIEF

#### Chinese hackers behind US ransomware attacks: Security firms

Hackers using tactics and tools previously associated with Chinese government-supported computer network intrusions have joined the booming cyber crime industry of ransomware, four security firms that investigated attacks on U.S. companies said.

Ransomware, which involves encrypting a target's

computer files and then demanding payment to unlock them, has generally been considered the domain of runof-the-mill cyber criminals.

But executives of the security firms have seen a level of sophistication in at least a half dozen cases over the last three months akin to those used in state-sponsored attacks, including techniques to gain entry and move around the networks, as well as the software used to manage intrusions.

"It is obviously a group of skilled of operators that have some amount of experience conducting intrusions," said Phil Burdette, who heads an incident response team at Dell SecureWorks.

Burdette said his team was called in on three cases in as many months where hackers spread ransomware after exploiting known vulnerabilities in application servers. From

there, the hackers tricked more than 100 computers in each of the companies into installing the malicious programs.

The victims included a transportation company and a technology firm that had 30 percent of its machines captured.

Security firms Attack Research, InGuardians and G-C Partners, said they had separately investigated three other similar ransomware attacks since December. REUTERS



## BRIEF

#### North Korea leader says will soon conduct nuclear warhead test: KCNA

North Korean leader Kim Jong Un said his country would soon conduct a nuclear warhead test and test launch ballistic missiles capable of carrying nuclear warheads, the official KCNA news agency reported on Tuesday.

Kim made the comments as he supervised a successful simulated test of atmospheric re-entry of a ballistic missile that measured the "thermodynamic structural stability of newly-developed heat-resisting materials," KCNA said.

"Declaring that a nuclear warhead explosion test and a test-fire of several kinds of ballistic rockets able to carry nuclear warheads will be conducted in a short time to further enhance the reliance of nuclear attack capability, he [Kim] instructed the relevant section to make prearrangement for them to the last detail," the agency said. REUTERS

12 **NEWS**METRO.US

TUESDAY, MARCH 15, 2016

## **BRIEF**

## New Jersey voters to decide casino expansion in November

New Jersey voters will decide whether to expand gambling beyond Atlantic City, the state's distressed casino hub, after the state legislature on Monday approved a ballot measure for November's election.

The state constitutional amendment calls for laws that would allow the creation of two new casinos at undecided locations in Northern New Jersey,

which is close to New York City.

Currently, casino gambling is legal in the state only in Atlantic City, which had four of its 12 casinos close in 2014 because of increased competition from neighboring states.

Atlantic City Mayor Don Guardian has said that expanding gaming will further doom his city's dwindling hold on casinos in the region and could spark further casino closures there



Atlantic City GETTY IMAGES

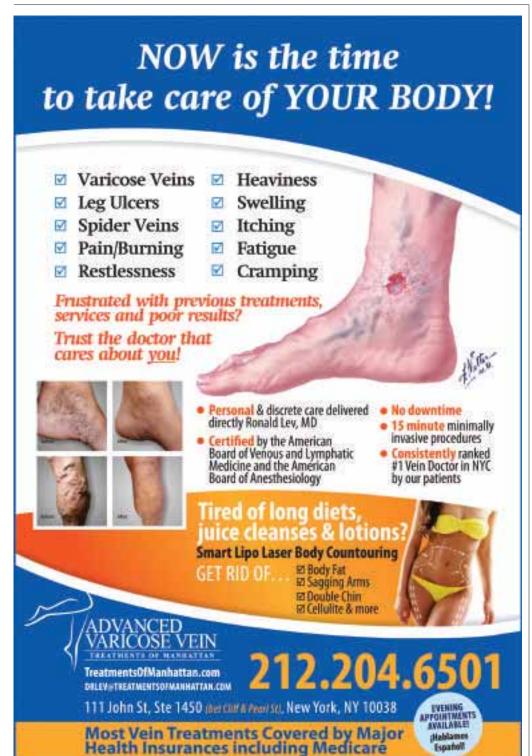
But the Democrats who control both houses of the state legislature said expansion was needed

"For a state sorely in need

of new revenues for vital needs such as programs and property tax relief for senior citizens and disabled residents, this is a win-win," said Gary Schaer, chairman of the Assembly Budget Committee, in a statement. "This proposal would help bring a brighter economic future for our state."

The measure also calls for some of the revenue from any new casinos to go back to Atlantic City. REUTERS

# 'Secret agents of change' say US intelligence embracing LGBT spies





Central Intelligence Agency GETTY IMAGES

A U.S. intelligence community that once forced out gays and lesbians for security reasons now sees inclusivity as the best way to protect the country, and seeks to recruit spies from a wider talent pool that includes the LGBT community.

At a session titled America's LGBT Spies (Secret Agents of Change) held at the South by Southwest tech summit in Austin, Texas, the panelists said for the U.S. intelligence community — with a \$60 billion-plus budget and more than 100,000 employees - to attract the best talent, it must embrace diversity.

"We are not the organization of your grandfathers. We have gone from a very dark and closed environment to a very welcoming and open environment," said Tracey Ballard, technical intelligence officer with the Central Intelligence Agency, who came out as a lesbian in 1988.

Ballard said at that time, agents risked losing their security clearances and their jobs by coming out. She was initially ostracized by the agency she has served and seen evolve over 30 years or so of service.

She said under Cold War thinking, being gay could subject someone to blackmail, and coming out meant someone would be seen as a deviant who could not be trusted. Over the years, the intelligence community has changed to allow people to be themselves.

"We are in a competition with the rest of the companies out there for talent. If we cannot continue to bring in talent, we cannot bring in the best intelligence," said panelist Kris Gill, global programs manager for the National Geospatial-Intelligence Agency.

While individual spy agencies have sometimes made presentations or statements publicly welcoming gay employees, the presentation was the first time the U.S. intelligence community as a whole has done so. REUTERS

# McClendon driving at 88 mph ahead of fatal crash: Police

The death of the energy entrepreneur on March 2 shocked the oil and gas industry less than a day after he was indicted by the U.S. Department of Justice on allegations of violating antitrust rules by rigging bids for land.

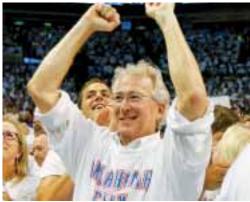
Aubrey McClendon, the former chief executive of Chesapeake Energy Corp., was driving well above the speed limit at roughly 88 miles per hour before he slammed into a bridge abutment earlier this month and died, Oklahoma City police said on Monday.

Just after the indictment, McClendon's largest investor, the private equity fund Energy & Minerals Group of Houston, halted all new business with him, depriving him of a key source of funding.

McClendon was traveling above the 50 mph speed limit before he collided with the bridge, causing his vehicle to rotate seven feet (two meters) counter-clockwise, Oklahoma City Police Chief Bill Citty said at a press conference to release findings from the accident investigation.

McClendon's car collided with the bridge at 78 mph, slowing down after three wheels left the roadway for the dirt shoulder.

A toxicology report and official cause of death would take several more weeks at least, he said. The fatal accident has raised questions



Aubrey McClendon GETTY IMAG

about whether the executive took his own life.

McClendon, who was driving his natural gaspowered Chevy Tahoe, was not being pursued and was not chasing anyone, Citty said.

While he was not wearing a seatbelt, such a precaution would not "Him not wearing a seatbelt made absolutely no difference."

Citty

# BRIEF

mattered given

McClendon suffered

multiple blunt force

trauma to his head and

torso and likely was dead

before a fire engulfed his

vehicle and charred his

peake co-founder did

tap his brakes twice af-

ter he drove 189 feet left

of the center lane, but

the actions did not slow

his vehicle down. Mc-

Clendon did not touch

the brakes at all in the

31 feet before hitting

the bridge, Citty said,

citing data retrieved from the Tahoe's black

"I'm not going to

speculate on what that

tapping of the brake

could mean. It could

mean a lot of different things," Citty said.

box data recorder.

The former Chesa-

McClendon's rate

speed, Citty said.

body, Citty said.

VW institutional investors file \$3.61 billion suit in Germany Almost 300 institutional investors in Volkswagen have filed a multibillion euro suit against the carmaker for what they see as breaches of its capital markets duty in the emissions scandal, the law firm representing them said.

The lawsuit, for damages of 3.256 billion euro (\$3.61 billion), was filed at a regional court in Braunschweig in VW's home state of Lower Saxony on Monday and is being brought by 278 investors from all over the world, including German insurers and U.S. pension fund Calpers.

Law firm TISAB said the lawsuit was over whether VW neglected its duty to the capital markets regarding the timeframe between June 2008 and Sept. 18, 2015.

A spokesman for VW said the carmaker could not comment because it had not been sent the suit.

Volkswagen earlier this month published an account of the events leading to the violation of U.S. emissions law being publicly announced by the U.S. Environmental Protection Agency. REUTERS



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# Trump looks set for big wins

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"Source: www.amazon.com as of 1.1.2016. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Always read the label and follow the instructions prior to use. Trump supporters and protesters have clashed in recent days, fueling accusations that he has created an ugly atmosphere with his campaign invective against groups such as Mexican immi-

Donald Trump faced a last day of campaigning on Monday before a crucial round of nominat-

grants and Muslims.

ing contests including in Florida and Ohio, where establishment Republicans worked to trip him up.

up.

Trump, who has rejected accusations he is to blame for the tensions, has emerged from the early nominating contests with a clear lead in the number of delegates needed to win the party nomination for the Nov. 8 election.

He is trailed by Ted Cruz, a senator from Texas, and could seize control of the race with big wins in Tuesday's voting in Ohio, Florida, Illinois, Missouri and North Carolina.

Opinion polls also showed him with comfortable leads in all those states, except Ohio, where he is roughly tied with the state's governor, John Kasich.

Kasich, trailing in the delegate count and seen as needing to win in his home state to stay in the race, was getting campaign help on Monday from Mitt Romney, who was the party's 2012



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# **WHITE HOUSE**





presidential candidate and who delivered a furious attack on Trump this month.

Trump, a real estate magnate and former reality television star, has fired up enthusiastic crowds with his promise to "make America great again." But he great again." But he has bucked Republican orthodoxy on policies including free trade and offended a range of Americans with his calls to temporarily ban Muslims from the country and deport illegal immigrants

In Florida, Sen. Marco Rubio, a favorite of the party establishment, has staked his survival in the campaign on winning there in his home state. He has also suggested a tactical vote to stop Trump — encouraging his supporters in Ohio to cast their vote for Kasich.

Trump scheduled appearances in North Carolina, Ohio and Florida on Monday, after several days of events marked by outbreaks of shouting and shoving between supporters and protesters, who decry what they call his bigoted and divisive rhetoric.

Trump canceled a big rally in Chicago on Friday evening over security after protest-ers swarmed the event, sparking clashes. On Saturday, he was rushed by a man on an Ohio stage and repeatedly blamed Bernie Sanders, a candidate in the Democratic race, for the protesters' actions.

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# Inside Kasich's long-shot strategy to beat Trump for the GOP nomination

Microphone in hand, Republican John Kasich promised the crowd inside a high-tech Ohio factory Saturday that he'll never be beholden to Washington insiders if he wins the White House.

But as he zigzags across the state before Ohio's GOP primary on Tuesday — emboldened by polls showing him edging ahead of rival Donald Trump — Kasich may soon need all the Washington insiders he can get.

Behind the scenes, strategists for Kasich, the Ohio governor, are studying arcane party rules that they believe could offer a path to the Republican nomination if he wins his home state, his aides said.

It is a long-shot strategy, both for Kasich and the anti-Trump forces inside the party. But if fellow GOP candidate Marco Rubio loses his own state of Florida on Tuesday — as polls predict — a surge by Kasich may be the only viable strategy for Republicans looking to stop Trump from getting the 1,237 delegates needed to clinch the nomination.

A loss by Rubio, a senator, will almost certainly end his struggling candidacy. If Trump wins both Ohio and Florida, the New York real estate mogul's march to the nomination will be all but



Republican presidential candidate Ohio Gov. John Kasich GETTY IMAGES

assured.

The Kasich camp sees a Rubio loss in Florida opening up a different possibility — the first contested convention held by either party since 1952.

Kasich supporters are betting that an Ohio win will give his candidacy its first real momentum, attracting donors and endorsements. From there, he could score more victories in upcoming primaries in Pennsylvania, Maryland, Wisconsin, Connecticut and California, states where Kasich polls favorably. REUTERS

TUESDAY, MARCH 15, 2016

"The plan is to win Ohio, and some other states, and if that happens, nobody is going to have enough delegates to win the nomination on the first ballot."

John Weaver, Kasich's chief campaign strategist

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# Three brothers in custody in Maryland police officer slaying

Three brothers were in custody on Monday in connection with the fatal shooting of a Washington-area police officer, authorities said.

Prince George's County Police Officer First Člass Jacai Colson, 28, was shot in an exchange of fire with a gunman who began shooting outside police headquarters on Sunday, apparently without provocation.

The attack left the suspected gunman wounded, police said. The second suspect was believed to have accompanied the shooter but left the scene before the shooting occurred, according to investigators.

The third suspect's alleged role was unclear. The brothers' names have not been released



DEPARTMENT HANDOUT

"The evidence shows the gunman intended to die in a battle with police," the Prince George's department said on Twitter. A police spokesman declined to elaborate but said more details would be released at a press conference on Tuesday.

Colson was a four-year veteran and had been

Prince George's County, which borders the District of Columbia.

Investigators are looking for a motive, police said.

Police Chief Henry Stawinski told reporters on Sunday that the gunman apparently opened fire on the first officer he saw outside the headquarters' district station in Landover. He continued shooting as Colson and other officers responded, the chief said.

The shooting was the second fatal attack on law enforcement officers in the area in little more than a month. Two Harford County sheriff's deputies were shot by a gunman at a restaurant near Baltimore on Feb. 10. REUTERS





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# **Former Flint officials** blame state and feds for water crisis

The water crisis has drawn national attention and led to heavy criticism of Gov. Rick Snyder, with some voters mounting a petition drive to have him recalled. Snyder, who has repeatedly apologized for the state's poor han-dling of the crisis, is scheduled to testify on Thursday.

The former mayor and former emergency manager of Flint both blamed the dangerously high lead levels in the city's water on state and federal officials, according to testimony released on Monday that is to be delivered at a hearing in Washington this

Former Mayor Dayne Walling and former emergency manager Darnell Earley, who was appointed Michigan Gov. Rick Snyder, are among witnesses who will testify at two days of hearings by

of the Foot.



The water tower at the Flint Water Plant in Flint Michigan GETTY

the U.S. House of Representatives Oversight and Government Reform Committee.

The switch of Flint's water supply from Detroit to the Flint River in April 2014, made in a costcutting move, was made while Earley was the city's emergency manager.

The city switched back to the Detroit water system last October — after Earley had left the position as emergency manager but the river's corrosive water leached lead from city pipes, causing a serious public health threat.

Earley, who will appear in front of the House committee on Tuesday, the first day of the hearings, in his written testimony blamed state and federal officials.

"Unthinkable errors all underscore that Flint's crisis resulted from improper treatment of the water, an issue which fell squarely in the bailiwick of [the Michigan Department of Environmental Quality and EPA," Earley said in the testimony released by the committee.

"We relied on the experts to verify that the water would not pose any threat to the community the experts failed all of us," he added, citing state environmental officials and the U.S. Environmental Protection Agency.

"I now wish that I had

been more probative in my approach in delving deeper into the explanations I was receiving about what was being done," he

The EPA's former regional director, Susan Hedman, who resigned after criticism of her handling of the crisis, will also be among those testifying on Tuesday.

Walling, the former mayor, said in his written testimony: "The state's focus on balancing the city's books and choosing low cost over human consequences created more expensive public problems.' He was also critical of the

He added that questions raised by EPA officials about Flint's water were not accurately addressed" by the state environmental officials.

Administrator Gina McCarthy, who will testify on Thursday, said in a Washington Post editorial on Monday that the state was "dismissive, misleading and unresponsive" with federal officials. But she said the EPA also missed opportunities.

# Smith in the subway



Actor Will Smith is seen on set of "Collateral Beauty" in the subway in Brooklyn on Monday. GETTY IMAGES

## **BRIEF**

#### Harvard to scrap law school seal associated with slavery

Harvard University will replace the official shield of its prestigious law school which features the family crest of an 18th century slave holder, after students objected to its racist associations, the school said on Monday.

The Harvard Corporation, the Massachusetts university's governing body, voted to approve a recommendation by a Harvard Law School committee to retire the shield.

The decision comes as emblems linked to slavery on college and public properties have been the target of protests by students and others who see them as insensitive.

Harvard President Drew Faust told Martha Minow, dean of the law school, on Monday that the university backed the recommendation.





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# On the right road

An innovative program is helping struggling and disconnected young adults get on their feet.



Attending camp and getting that first summer job are traditional rites of passage among America's youth.

But for those who come of age in poverty, struggle with addiction or grow up in the foster care system, youth is often defined by obstacles and uncertainty, not opportunities. Y Roads, a program started in 2013 by the YMCA of Greater New

York in partnership with the nonprofit Opportunities for a Better Tomorrow and the Department of Education, provides solid ground for vulnerable and disconnected young adults.

In New York City alone, there are a quarter of a million 17-to-24-year-olds who are "disconnected," meaning they are not attending school or working. Y Roads enrolls students within this age range to help them "press the reset button," says Lauren Barr, senior executive of youth and family, school and branch-based programs at the YMCA.

The program serves roughly 450 kids and young adults among four Y Roads centers at New York City YMCAs. Participants spend anywhere from 20 to 40 weeks in the program, during which time they are connected with counselors, resources and opportunities to develop job skills and enroll in a high school equivalency test prep program. Many have dropped out of high school and some come in with barely a high school literacy level, says Barr.

Participants often find Y Roads through word of mouth, and the program partners with service agencies to connect with those who have been in the foster care system, previously incarcerated or the child of someone incarcerated, says Nicole Kourbage-Wilson, the di-

"We connect them to leadership opportunities so they can see themselves ... potentially as change agents, not only for themselves but for the community as a whole."

Nicole Kourbage-Wilson



Students in the Y Roads program get schooled in work and life. CHASI ANNEXY

rector of the YouthBuild program at the Jamaica Y Roads center.

"A lot of these young people, once connected to resources, are completely and totally motivated to no longer engage in these kind of lifestyles," says Kourbage-Wilson. "We connect them to leadership opportunities so they can see themselves represented, and they can see themselves potentially as change agents, not only for themselves but for the community as a whole."

Kourbage-Wilson r

calls one Y Roads participant, a 21-year-old mother who walked through the door of the South Bronx center seeking job training. She was connected with a mental health counselor and a case manager, and had child care provided so she was able to attend classes and get job training. While still in the program, she obtained a job in retail.

Y Roads helps participants prepare for various jobs, and recently partnered with a local Starbucks to develop

a program for participants interested in customer service.

The program also re-creates rites of passage that participants may have missed out on, such as a prom and a weekend-long camp in upstate New York that teaches them team building and leadership.

These "developmental time-stamps," says Kourbage-Wilson, are part of what helps participants invest in and learn about themselves — in the classroom and beyond.

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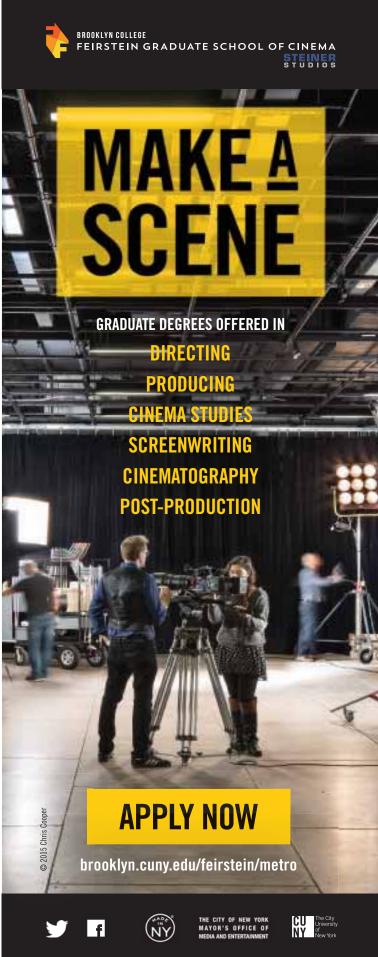
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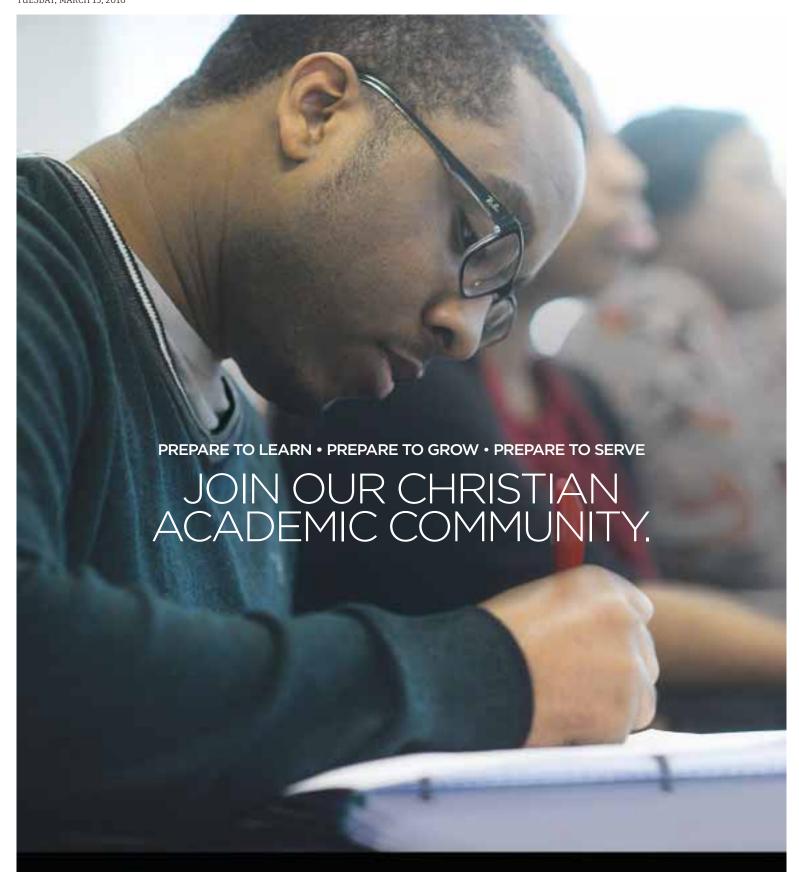
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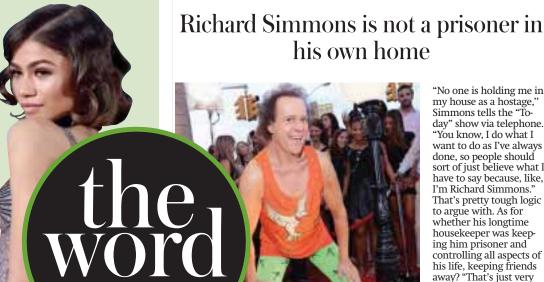




When will comedians and commentators learn that if you come for Zendaya, expect to lose? Apparently that was a lesson that needed to be taught to "Difficult People" star Julie Klausner, who took issue with Zendaya appearance accepting an award at the 2016 Kids' Choice Awards, calling the 19-year-old "K.C. Undercover" star a "thinspo model for your impressionable tweens" on Twitter." "You don't have to have an eating disorder to attend the Kids' Choice Awards

. but it helps," Klausner added. Zendaya, never one to shy away from a social media squabble, offered to "educate" Klausner before siccing her 6.39 million Twitter followers on the comedian. 'Now, everyone go look in the mirror at their beautiful body and love that s-," she added.

ALL PHOTOS GETTY IMAGES



A story started making the rounds this weekend that ebullient fitness guru Richard Simmons was a prisoner in his own home, his

entire life being controlled by parties taking advantage of his fragile mental and physical state. But he thinks that story's just plain nuts.

"No one is holding me in my house as a hostage,' Simmons tells the "Today" show via telephone. You know, I do what I want to do as I've always done, so people should sort of just believe what I have to say because, like, I'm Richard Simmons." That's pretty tough logic to argue with. As for whether his longtime housekeeper was keeping him prisoner and controlling all aspects of his life, keeping friends away? "That's just very silly," he insists. "Teresa Reveles has been with me for 30 years. It's almost like we're a married couple." So .. yes? But OK, Richard, are you not free to speak freely? Is Teresa in the room with you? Just give us some sort of signal if you're in distress.

# Ian McShane has harsh words for "Game of Thrones" spoiler scolds

Ian McShane knows that he's given away some major spoilers about his role on the new season of "Game of Thrones," but he honestly can't be bothered about it, so calm down, nerds. "You say the slightest thing and the Internet goes

ape," McShane tells the Telegraph. "I was accused of giving the plot away, but I just think, get a f—ing life. It's only t—s and dragons." Which, incidentally, was HBO's suggestion to George R.R. Martin as an alternate title for the series. And I



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know, wouldn't the world be a slightly better place if we were discussing possible spoilers for the new season of "Only T—s and Dragons" instead?



@SarahKSilverman What if every news outlet stopped covering trump? Didn't you do it to punish Clooney



@Harry\_Styles Burgers.



@rihanna Tampa I've missed you so much! Thank vou!! #SoldOwt

# We should be worried about Aaron Carter

Former teen pop star Aaron Carter seems to be getting more erratic with each passing day. Maybe it's time we stepped in and intervened. First, last month, he declared his endorsement for Donald Trump. Then he made it sound like he was withdrawing his endorsement over Trump's spotty LGBT record. Then, in a new GQ interview, he doubled-down on his support of Trump. Plus



he got a neck tattoo, and last week he was caught on camera by TMZ getting out of his car in Malibu to yell at a fellow motorisť who'd honked at him. Oh, and he's had to spend his

whole life being Aaron Carter. That's a lot for one little guy to handle. Should we call someone? Maybe the woman who it turns out wasn't actually keeping Richard Simmons captive?



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**Lamb & Spicy Sweet Potatoes with Lime** 

The combination of tender sweet potatoes and Greek yogurt is so delicious you'll never want to eat your roasted vegetables any other way. Scallions get cooked whole with the steaks and take on the rich flavors of lamb. Remember to smear the plates with yogurt before topping with vegetables and lamb so you get some creamy and tangy goodness in every bite. Cook, relax, and enjoy!

Cooking time: 30

minutes Attributes: lamb, medium-spicy/spicy Calories: 665 kcal/ . Allergens: milk Added fat: 3 tbsp of oil

#### What we send

- •2 medium sweet
- potatoes (8 oz, each) •1½ teaspoons crushed red pepper (0.12 oz) •fresh cilantro (0.25 oz)
- •7 oz 2% Greek yogurt
- •2 limes
- •1 lamb leg steak (boneless or bone-in) (13 oz) Hudson Valley Harvest
- •6 scallions (3 oz)

#### What you need

- •coarse salt
- olive oil
- freshly ground black pepper

#### **Equipment**

- •2 rimmed baking sheets
- •large skillet



#### **Directions:**

#### Prep vegetables

Preheat oven to 425°F with racks in upper and lower thirds. Cut sweet potato lengthwise into 1/2-inch wedges.

Roast vegetables Toss sweet potatoes on a rimmed baking sheet with crushed red pepper and 2

tablespoons oil; season with salt. Roast sweet potato until golden and tender, 25-30 minutes.

Season yogurt Remove any large stems from cilantro. Chop cilantro and mix with yogurt in a small bowl. Zest 1 lime and add to bowl, along with juice of both limes; season to taste with salt and pepper.

Sear steak

Meanwhile, heat 1 tablespoon oil in a large skillet over high. Season steak with salt and pepper and add to pan. Cook until a deep crust has formed, about 3 minutes.

Finish steak and scallions Flip and add scallions, turn-

ing to coat in fat, and continue to cook until steak is deeply browned and scallions are charred and tender, about 3 minutes more.

Serve Smear some sauce on plates and top with steak, sweet potatoes and scallions. Serve remaining sauce on the

side. Enjoy!



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METRO.US 30 MUSIC TUESDAY, MARCH 15, 2016

Bloc Party is back with new members, new energy and a new album.



Always-versatile indie rockers Bloc Party returned in late January with an effervescent fifth studio album, "Hymns," from BMC. Lead singer Kele Okereke and guitarist Russell Lissack are joined by two new additions — drummer Louise Bartle and bassist Justin Harris. The release is the first to feature Bartle and Harris, following Matt Tong's and Gordon Moakes' respective departures in 2013 and 2015 and the band's subsequent hiatus.

Lissack chats from Austin, where the band will play a round of shows at SXSW, before kicking off their world tour.

The addition of Louise and Justin has brought out some mixed reactions from fans. What's that been like for you? Personally I don't tend to spend too much time going online and reading what people sound back on. When you're a musician, it's not a healthy habit to have. The way I perceive reactions is when people come to talk to us after the show, and that's been positive from day one with Justin and Louise. People seemed to take to them straight away, and even now one of the main things they'll say is, "It looks like you're having so much fun together on stage. You look so happy." And it's not that we weren't happy in the past; it just stood out to me that it's coming

Reborn and rejuvenated

Bloc Party's new lineup featuring Justin Harris, Louise Bartle, Kele Okereke and Russell Lissack. RACHAEL WRIGHT

across to people, the positive energy. That's the best compliment.

There's a lot of talk this concept of "rebirth" with the new members and album. Has it felt that way to you guys, too?

There were lots of little things that happened over the last few months that made it feel like that. Even now we're in Austin and we're doing SXSW and playing lots of little shows over the course of the week - it's something we haven't done since 2005 when we were putting the first record out. It

feels like we've gone full circle and are going through lots the elements for the first time around again.

Was there any hazing of the new members?

There's been some light hazing for Louise. She's the youngest member now - she'd 21 - and it's her first time touring and visiting all these countries while the rest of us have been doing it for quite a few years now. She's always curious and asking us tons of questions, and we give her runaround answers to wind her up a little, but it's lighthearted.

Did the dynamic of the band click right away?

The dynamic's been good from day one. We knew Justin from his band, [Portland-based] Menomena, and he had toured with us before. Ever since he came to meet us in London last year, we've gotten along really well. Same with Louise. Me and her spend the most time together, scavenging for food and things to do.

And with Louise being 21 — is that like a new source of energy and outlook for the band? Definitely, which was another good thing going back to what I said about it being her first time experiencing a lot of these things. It's a nice thing to have when you're on tour with the same people and your road crew all the time and pretty much everyone has been doing this before and been the same places loads of times. To have someone like Louise, who is excited about visiting these places and wants to go and do and see things, it revitalizes your passion.

Like when we were in Paris a few days ago and had a few hours before a show and

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usually everyone is just sitting around playing on their phones and getting food, she wanted to see the Eiffel Tower. So I went off and did all the tourist things with her. I haven't done those things in years, so that's been energizing in its own way as well.

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# Truth be told

Mike Posner's sophomore smash is as honest as he is.



Mike Posner first gained fame with summer hit "Cooler Than Me" in 2010, peaking at No. 6 on the Billboard Hot 100, but fell into lukewarm after his follow-up "Please Don't Go." The 28-yearold singer-songwriter has since penned tunes for Maroon 5 ("Sugar") and Justin Bieber ("Boyfriend"), but was not back on our radar in a big way until this year with his single, "I Took a Pill in Ibiza." We chat with him about staying honest.

You've been really open in recent interviews discussing your sophomore slump, albums getting scrapped by RCA and even the origins of "I Took a Pill in Ibiza" what's led you to be so honest?

I found it exhausting to delineate between what I could share with people and what I couldn't. I had this line in my head, like if I was in conversation with you, I'd just be thinking, "Can I tell her this or not or is that supposed to be private?" I was trying to curate myself to only show a part of me.



"I Took a Pill in Ibiza" will make its TV debut Friday on Jimmy Fallon, GETTY IMAGES

Is it true you turned down Avicii's offer to produce the track? He was one of the first people to hear it. We've been working together for years, and he's always been a supporter of my stuff. We were on his last album, and I said, "Oh I just wrote this," and he was like, "Man, I've always been a fan of your stuff, but this is one of the best songs you've ever written." We talked about possibly doing it for his album, but as I wrote more songs in the similar vein, I figured out I was writing the Mike Posner album. So I said, "I'd really like to keep a version of this for my record," and he was

cool with it.

Is there a moral to "I Took a Pill in Ibiza"? I wouldn't say that there's a moral, and if there is, it's not my job to say what it is. It's the listener's job. I was just trying to write a song that's honest and truthful, I never thought it would ever be played on the radio. It's like, you don't dance to get a spot on the floor, and you don't meditate to get done meditating — and I don't write songs to teach people how to make money, or do interviews with Metro. The reward is the process, and if a song helps someone learn from it or process something in their life than that's great, too.



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Adam Greaves-Neal (with Sara Lazzaro as Mary) plays the 7-year-old Jesus of Nazareth in "The Young Messiah." FOCUS FEATURES

# From 'Gremlins' to Jesus

The guy behind all your childhood movies had a good reason to produce "The Young Messiah."



MATT PRIGGE @mattprigge matt.prigge@metro.us

Chris Columbus wrote "Gremlins." He directed "Home Alone," "Mrs. Doubtfire" and the first

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two "Harry Potter" films. None of these suggest he'd be involved in a movie about the 7-year-old Jesus Christ. And yet the filmmaker is a producer on "The Young Messiah," a drama that follows the boy Christ (played by Adam Greaves-Neal) on the cusp of learning he's not an average boy.

"Trust me, I'm not going into the business of faith-based films," Columbus tells us. "I just responded to the story."

Columbus says he's always been fascinated by Jesus. It wasn't just 12 years of Catholic school. "Imagine me as a kid reading Marvel comics and being taught about Jesus. It was like he was almost part of the same world, a little bit, only he's the best one," he says. "He was like the first superhero."

Columbus was a movie freak, so inevitably he would see all the biblical epics, including the ones about Jesus' life, like 1961's "King of Kings" and 1965's "The Greatest Story Ever Told." But he always

took issue with them.

"All the guys who played Jesus were blondhaired, blue-eyed surfer guys," he says, referring to actors like Jeffrey Hunter and Max von Sydow. "When I went to film school I would say, 'Someone someday should make a movie that's representative of who he was.' That's always been in my head, and I'd still like to see that movie, because I don't think it's been made."

When filmmaker Cyrus Nowrasteh ("The Stoning of Soraya M.") approached him about the project, Columbus got excited, even though it wasn't the big, sprawling, life-spanning Jesus movie he'd always hoped for. (He says he'll probably not be the one to make that.)

That said, making a movie imagining a chunk of Jesus' life comes with great responsibility. "Because it wasn't based on scripture, we had to be extremely careful how we told the story," Columbus explains. "We surrounded ourselves

with religious experts, and someone from the Vatican helped us make sure, with absolute certainty, no one would take offense to the material."

He says they succeeded. "We've shown the film to a bunch of religious leaders and they've all endorsed it. They seem to respond to the film because of its emotional intensity," he says. They don't often mind that it's rated PG-13, with scenes of brutality at the hands of the centurions. "We had to depict what was going on at the time. We couldn't make an R-rated version, for obvious reasons. It has a lot of integrity because of that. It's not watered down."

IMAGES

## On 'Gremlins'

Speaking of PG-13, Columbus is partially responsible for the rating. "Gremlins" was originally envisioned as a hard-R but still retained the nastiness. Columbus shifted quickly into more family-friendly fare, like "Home Alone." But he says the two films aren't that dissimilar.

"A gremlin gets blown up in a microwave, but [in "Home Alone"] an iron falls down a laundry chute and does not kill a guy," he explains, laughing. He says that part of him never really went away.

"There's a dark side to all my stuff," he says.
"Even '[Mrs.] Doubtfire' deals with divorce and
we don't clean it up at the end. They stay divorced
and they don't get back together in a Disney way. The
'Potter' films, I knew getting into them they would get
progressively darker as they went along. That dark side
is still very appealing to me."



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# The new fitness craze sweeping Hollywood

Jessica Biel, Justin Timberlake, Ashley Greene and Hilary Duff all swear by it.



You think your trainer has it tough? It's Jason Walsh's job to get celebrities in shape for blockbuster roles. He prepped Matt Damon for the "Bourne" movies, Bradley Cooper for "American Sniper" and, most recently, John Krasinski for "13 Hours."

"It's a huge responsibility," Walsh tells us.
"You never know how things are going to end up and if you hurt someone or stall the process

of production, that's millions of dollars lost." But good news for anyone who has something about their body they want to fix: Even celebrities have body issues. Walsh tells us that 100 percent of his celeb clients come to him with an issue that needs addressing. Yes, including Bradley Cooper. We got Walsh to reveal what really works.

#### Skip the bootcamp

Years ago, Walsh noticed that his clients kept coming to him with the same problem: Their bodies were overworked from group workout classes — especially trendy bootcamp-style ones.

He went on a mission to find a way to provide



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an intense workout without overworking any one area of the body and found the solution in a versaclimber, a vertical climbing cardio machine that works the upper and lower body.

"The crawling motion — which we've progressed from as babies — balances the body out," Walsh explains. "It's low-impact and super effective." It's also not easy. Climbing requires a lot of oxygen and energy,

which Walsh says makes people burn twice as many calories as they would doing another type of workout.

#### Making it fun

After his "a-ha" moment with the versaclimber, Walsh created routines and group classes using the versaclimber. He opened a fitness studio, Rise Nation, in Hollywood and is hoping to open a New York City

location in the next couple years.

Music plays a huge role into Rise Nation. "I was at a concert and just blown away by the visuals," Walsh says. "I was jumping around and didn't even realize it was a workout because I was having such a good time."

To mirror that in his classes, the versaclimber routines are timed to music and he uses various lighting concepts to create a club-like environ-

ment that can serve as a distraction to the intense workout

# How to get the same results

Rise Nation's same concept can be applied with indoor rock climbing. (Brooklyn Boulders is a great place to go.) With so many celebs turning to climbing-based moves, we predict rock climbing to be one of the year's biggest fitness trends.

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34 WELLBEING METRO.US
TUESDAY, MARCH 15, 2016

# Secrets to living longer

It's all about "healthspan" not lifespan.



Scientists can clone goats, but we are still searching for the fountain of youth. Journalist Bill Gifford tackles why we age and what to do about it in his new book, "Spring Chicken." But for him, the focus should be on "healthspan" (the number of healthy years), not lifespan. "We need to think about how to keep people healthy for longer. You want to enjoy life, not just be alive," he says. Here, he shares ways to do exactly that.

#### | Take | the stairs

"One thing I noticed when I was following these scientists around [while researching and interviewing them for the book] was that they never took the elevator," Gifford says. And for good reason. This shouldn't come as a shocker, but an active lifestyle is linked to a longer



parking spot when we're going out to eat. But what if you parked three blocks away or at the far end of the parking lot? Then you built in a nice little walk for before and after dinner," he says. Small lifestyle changes like this have a big impact. So, if you live on the fifth floor of a walk-up, be thankful.

lifespan. Gifford says it's

ing that's important, but

"Ås Americans, we

have to find the closest

not necessarily exercis-

building more activity

into your daily life.

# 2 Load up on vitamin D

While writing his book, Gifford heavily researched which supplements and vitamins were actually worth taking — and



Regular activity, like walking, has been linked to a longer, more healthy lifespan. ISTOCK

which ones weren't. If you're loading up on antioxidants thinking they will reverse the aging process: stop. "The idea of taking antioxidants is based on a theory some guy came up with years ago that nobody but him was able to prove," Gifford says.

Instead, load up on vitamin D, which has been found to slow down aging in worms. (Hey, it's a start.) One study Gifford cites in his book found that 70 percent of white Americans and 97 percent

of black Americans aren't getting enough vitamin D, which is essential for strong bones and overall physical health. A lack of vitamin D has also been linked to developing Alzheimer's and Parkinson's. So, drink your milk or pop a vitamin.

#### 3 Cut back 3 on sugar

Of the four, what Gifford calls, "horsemen of the geriatric apocalypse"
— Alzheimer's, cancer, heart disease and diabetes

— he says diabetes is the big one to beat. "It increases your risk for the other three horsemen and many other terrible diseases of aging," Gifford says.

For many, avoiding diabetes is no problem because it is not part of their family history and they inherently have low blood sugar. But if you do have a family history of diabetes, Gifford strongly suggests limiting your sugar and carbohydrate intake to reduce your risk.

# Shoulder Arthritis Treatments Keeping Boomers Active Into Their 60's, 70's Even 80's?

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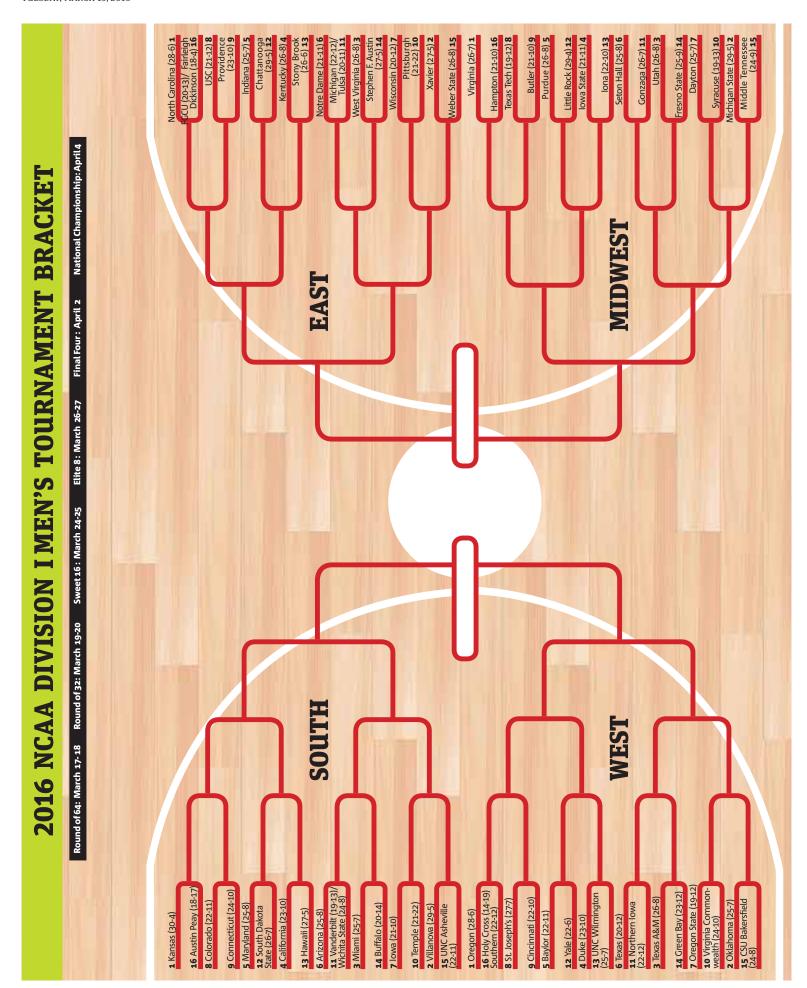


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# Top players to watch

Who will steal the national spotlight this March?



MATT BURKE @burke\_metro matthew.burke@metro.us

Before Stephen Curry was winning NBA titles and generally changing the face of pro basketball as we know it, he was the darling of the Big Dance.

In 2008, Curry led tiny Davidson to upset victories over Gonzaga, Georgetown and Wisconsin before narrowly falling to eventual national champion, Kansas. As much as the team that wins it all is remembered forever, there are certain players who leave a lasting impact on the NCAA tournament each year. Here are the candidates most likely to make multiple appearances in the 2016 edition of "One Shining Moment:"

#### **Buddy Hield**

Hield is most likely going to walk away with the National Player of the Year award and he's already shown the ability to create magic in March. In the Big 12 tournament last week, Hield hit a halfcourt miracle that looked as though it lifted Oklahoma past West Virginia. Hield was just a fraction of a second late with his shot, but the



image has been planted – Hield is capable of doing legit damage in this tournament. The Sooners' 2-guard pumped in 46 points in a game against Kansas earlier this season.

#### **Denzel Valentine**

The smooth senior guard is averaging 19.4 points per game for Michigan State, the No. 2 seed in the Midwest Region. Despite the Spartans' powerhouse program history, Valentine's story falls in the Cinderella category. He was not highly recruited out of high school and is a Lansing, Michigan, product. In 2000, home-state hero Mateen Cleaves led the Spartans to a national title. Can Valentine bring the title home to Lansing for the first time in 16 years?

#### **Josh Hart**

Unlike the NBA, you can still win a title without having one of the top two or three players in the sport. Josh Hart (15.5), Kris Jenkins (13.3) and Ryan Arcidiacono (11.9) all average doublefigures in points for the Wildcats. If the dream all-Philly matchup of 'Nova vs. Temple goes down in Round 2, watch for Hart to avenge his performance against the Owls from the last time out. Hart had a seasonlow four points against Temple in February.

#### **Grayson Allen**

It'd be easy to see an "I hate Grayson Allen" documentary popping up in 20 years or so as the Duke star has taken the Christian Laettner/ JJ Redick/Jon Scheyer

torch as the most hated player in America. Allen is a serial tripper (read: He's blatantly tripped two opponents during games this season) and if you play for Duke that makes you an instant heel. The dirty (emphasis on dirty) little secret here is that Allen can play, as he saw his scoring average jump 17.2 points this season to 21.6 per game.

#### Kris Dunn

Dunn is getting NBA lottery buzz as he's the best play-maker in this tournament. He reads the floor like no other, and if the old March Madness cliché of "it's a guard's tournament" is true, then look for Dunn to lead the ninth-seeded Friars past USC in the first round and maybe just maybe - past No. 1 seed North Carolina this weekend.

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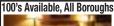
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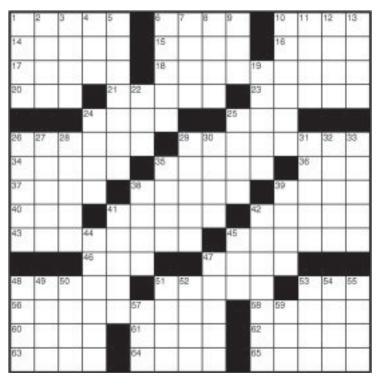
#### **ENTERTAINMENT**







# metro.us/crossword



Across

1 Muff

6 Chemists' lairs

10 It had three parts

14 BP mergee

15 Non-flying birds

16 — spumante 17 Tuxedo trim

18 Night lighters

20 Um cousins

21 Western

23 Sunday dinner

24 WWW addresses

25 Van — Waals force

26 Woodworking tool

29 Makes a line (2 wds.) 34 Dentist's request

35 Feinted

36 Amt.

37 Amtrak driver

38 Swain

39 California's — Woods

40 Tokyo, to shoguns

41 Nut holders

42 Hippie greeting

43 Propose (2 wds.)

45 Extra levy

46 Cl-, e.g.

47 Distance measure

48 Power source

51 Cuffs

53 Society column word

56 Dismiss (2 wds.)

metro.us /games

58 Teen bane

60 Raison d' -

61 Early movie vamp

62 Shinbone

63 Much loved

64 Comes to a halt

65 Palette adjunct

#### **Down**

1 Pedestal

2 Bradley or Sharif

3 Small fry

4 201, to Cato

5 Award recipient 6 Some punches

7 Yves' girlfriend

8 Laird's accent

9 Wind dir.

10 In large supply

11 Three oceans touch it

12 Navajo foes

13 Memory jogger

19 Jung contemporary

22 Give it your -24 Ex-superpower

25 Hoofed animal

26 Obnoxious one

27 Rama devotee

28 Gold brick

29 "— the raven'

30 Luau strings

31 Hunker down

32 Carthage neighbor

33 Test-tube glass

35 Nasty shock

38 Frazzled

39 Like a pittance

41 Kiosk

42 Throb

44 Digit

45 Not guzzle

47 Chichen Itza dwellers

48 Answered a judge

49 Behind schedule

50 Mystique

51 Ballet lake

52 Piecrust ingredient

53 Gists

54 Mr. Wiesel

55 Term paper abbr. (2 wds.)

57 Honest prez

59 Width of a cir.

# metro.us/sudoku

hard

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9		3	8					5
	6		7		9		1	
2					4	9		8
7		2		9	5			
5	9				6	7		
		6						

# metro.us/horoscopes



Aries An insightful approach to every situation will be required. Say little while gathering facts. Uncertainty will cost you, so do your research. Hard work will help you avoid trouble.



Taurus Speak up if you think it will help a situation or project you are involved in. Reveal your feelings, intentions and plans for the future. Love is highlighted.



Gemini Emotions will be difficult to control. Make an effort to be mindful of others and to keep what's happening around you in perspective. Make personal change your focus.



Cancer Find something to do that is geared to increasing knowledge or discovering more about different cultures. An opportunity will come from an unexpected and unusual source.

Leo Search for adventure via travel, meeting

new people or getting involved in something

that you feel strongly about. You can bring

about positive change if you are dedicated.



Virgo Refuse to let anyone goad you into an emotional squabble. Put your time and effort into achieving greater stability instead of squandering your energy on excess.

#### Yesterday's answers



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Libra Don't hem and haw when you should be taking ownership of your words. It's up to you to bring about positive change. Use discipline and enthusiasm to reach your expectations.



Scorpio You should include a loved one or close ally in your plans. Don't be daunted by changes unfolding around you at work. Make love and romance a priority.



Sagittarius You will experience setbacks if you aren't prepared to move forward. Don't leave matters to chance. It's important to know exactly where you stand financially and emotionally



Capricorn Getting together with people and sharing ideas and plans will lead to an interesting turn of events. Romance and a celebration will bring you closer to someone you love.



Aquarius If you use common sense and diplomacy, you will excel. Present what you have to offer and make suggestions that will bring about the changes you want to see unfold.



Pisces Keep personal matters a secret. Don't let anything interfere with your productivity or common sense when it comes to business. Accept the inevitable. EUGENIA LAST

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